



InShape

West Valley City Fitness and Recreation Center News



West Valley City Biggest Loser

March 8 – June 3

Fee:

Members: \$20 (only \$1.54/week)

Non-members: \$25 (only \$1.92/week)

Registration due February 27

Mandatory Kick-off Meeting:

Wednesday, March 3, 6:30 to 7 p.m. or

Thursday, March 4, 6 to 6:30 p.m.

Rules will be explained and packet information will be handed out.

This will be a team competition Each team must be made up of two participants.

There will be a 4-week Weight Loss Series that will be held in conjunction with this program. Participants can attend for free. An hour long class will be held every Thursday (March 4, 11, 18 and 25) from 6:30 to 7:30 p.m. in the Party Room. It is a progressive series that will focus on a different topic of weight/fat loss each night.

Stars on Stage

Give your 5 - 12 year old a chance to Sing, dance, and shine on stage!

When: Thursdays

8 - 12 year olds: 4 – 5 p.m.

5 - 7 year olds: 5 - 5:45 p.m.

Where: WVCFFC Community Room A

Fee: \$20 per month per child or
\$30 per month for a family

Performance will be in May

Register at WVCFFC front desk
Call (801) 859-1993 for more information

T-Ball & Coaches Pitch

Games and instruction designed to teach girls and boys ages 4 – 6 basics in T-Ball: how to stand at bat, hold and swing the bat, how and where to run, fielding, catching, and throwing.

\$38 per player

May 20 – June 24
5:30 p.m.

Registration due May 3

Volunteer coaches needed, call
(801) 955-4012 to volunteer.

Youth Spring Soccer

Boys and Girls ages 3 ½ - 12

Games held on Saturdays starting at 9 a.m.
beginning April 24 through June 12.

\$38 per player, includes uniform,
team & individual photo and
participation award; \$10 discount
for players who already have a uniform.

Registration due April 9.

Volunteer coaches needed, call
(801) 955-4012 to volunteer.

Wellness Tip of the Month

Was Popeye on to Something?

Can spinach actually make you strong, like Popeye? Spinach may not make you sprout muscles in seconds but its health benefits go a long way:

1. Spinach contains lutein and zeaxanthin, which contribute to healthy vision and may aid in the prevention of cancer
2. Spinach is a great source of beta-carotene, which your body converts to vitamin A. It also provides vitamin C, folate, vitamin K, magnesium, and potassium.
3. Spinach contains vitamin E, an important antioxidant that helps protect cell from everyday damage, boosts your immune system and helps keep your skin and hair healthy.

“So, be strong to the finish, ‘cause you eat your spinach.”

** Nothing provided herein should be construed as substitute for advice or treatment by a medical or health care professional. Any information pertaining to your health should be reviewed with your doctor.

West Valley Dance Force



The Family Fitness Center offers all formats of dance, including ballet, hip-hop, jazz, cheer, tap, and more! Adult classes are also available.

For more information,
call (801) 955-4030.

Spring Machine Pitch

Boys and Girls ages 7- 12

May 18 through June 24

Practices are held on Tuesdays, games held on Thursday beginning at 5:30 pm.

\$40 per player, includes t-shirt, visor, team & individual photo and participation award.

Registration due May 3.

Volunteer coaches needed, call
(801) 955-4012 to volunteer.

Men's & Co-Ed Adult Recreational Softball League

Games begin week of April 13;
14 game guarantee

\$500 per team
Maximum 20 players per team

Registration opens on February 1

Registration Due April 2
(\$50 late fee after April 2)

Captain Meeting:
Monday April 5, 6:30 p.m. at the
Family Fitness Center



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

